



A Guide to The Zones of Regulation

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Guide created by St Catherine's Catholic Primary
School

THE ZONES OF REGULATION®

A CURRICULUM DESIGNED
TO FOSTER SELF-REGULATION AND
EMOTIONAL CONTROL

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**'Life is 10% what happens to us and 90%
how we react to it.'**

Charles Swindoll

What is the Zones of Regulation?

The Zones of Regulation helps pupils gain the skills needed to consciously regulate their emotions and actions. This then leads to increased control and problem solving abilities. It can help pupils identify which emotions they are feeling and give them tools to help them self regulate in a safe way.





Who is the Zones of Regulations for?

Everybody! It is important for everybody to learn how to self regulate safely from an early age as it will support them later in life.

How does it work?

Emotions are placed into 4 different zones which are represented by different colours.

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Within each zone there is a tool kit to help the pupil stay within that zone or move to a different zone if needed. Tool kits may be different for different pupils.

Example Tool Kit:

Blue Zone Tools: Talk to someone Stretch Take a brain break Stand Take a walk	Green Zone Tools: To stay in this zone we can: Listening Thinking happy thoughts Help others	Yellow Zone Tools: Talk to someone Count to 10 Take deep breaths Draw a picture Take a brain break	Red Zone Tools: Stop and think Take deep breaths Ask for a break Find a safe space Ask for help
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Important things to know and to remember

- There is no 'wrong' or 'bad' zone.
- We all experience all of the zones at different times and circumstances.
- You can be in more than one zone at a time.
- Green is the expected zone for learning.
- There is a time and place for all zones. For example, you may be in the yellow zone at play time as you may be excited. The red zone may help you if you are in a dangerous situation.
- Characters can represent different zones. For example, Winnie the Pooh characters can be used, such as Tigger for the yellow zone and Eeyore for the blue zone.

How you can help your child

- Use the different colour zones to describe how you are feeling. For example, 'I'm in the red zone and feeling angry because...'
- Help your child to identify their emotions and zone if they are unable to themselves. For example, 'It seems like you are in the yellow zone because you look frustrated.'
- Make a zones display at home, with emotions on and tool kits on, that your child can refer to.
- Discuss how their behaviour is effecting your zones. For example, 'You are making me happy so I'm moving into the green zone.'

To find out more visit: www.zonesofregulation.com

Some of our Zones displays in school:

